

Goodwin Elementary Announcements & Events

Notices for 12/23/14

- Good News From Goodwin
- Mansfield Community Center Gym Schedules for Open House Dec. 28-Jan.3

Scroll down to view the notices

Good News from Goodwin

ISSUE 4

JANUARY 2015

Happy New Year!

Dear Parents and Guardians:

It is a good time to reflect upon some of Goodwin's' accomplishments so far this year. After starting here at Goodwin in July, I had the privilege of seeing some of our children in our summer school program. The dedication of the teachers and the staff and the enthusiasm of the students started each day with a smile for me. In August, staff and students returned to our classrooms in full force and the school was filled with life and came alive for me. I knew I had come to a place of learning and caring. In the last months, I have seen teachers working with students every day to assure that they have the skills and knowledge needed to succeed. I have seen them collaborate with the colleagues over the data showing individual students growth and supporting each other in finding the right course of action for their children. I have witnessed teachers and staff working with and encouraging individuals to improve in math, physical fitness, reading, music, writing, art, science, social skills, social studies and emotional development. I have been a part of wonderful town meetings that highlight our children's accomplishments, Thanksgiving Feast, Halloween Parade, Book Fairs, Recess, Kindness towards others, 4th grade Ambassadors, Chess Club, Green Thumb Club, clothing, school supplies and food drives, raising funds for a sick child, and an emphasis on the "Golden Rule" of treat others the way we want to be treated, World Kindness Day, field trips to enhance learning and of course the Tressle Tree! Each and every day I am proud to see the opportunities teachers have created and implemented at Goodwin and am amazed at the students willingness to take risks and rise to the high bar set for them.

Perhaps over the winter break, you could celebrate their progress. You and your child could create a fun reminder of all the things he or she has accomplished this year. Let him or her cover a container with construction paper and label it "I did it!" Then,

He or she can write each success ("I memorized my times tables.") on a slip of paper and put it in the container. If he or she is feeling discouraged in the future, have him or her read the slips.

Warmly,

Susan

Upcoming Events

1/9—Yoga 5:00 Goodwin School

1/14—PTO Meeting 6:30

1/19 -No School Martin Luther King Day

1/29—Town Meeting 2:30

1/29- Magician 6:00 Goodwin School

Please be sure your child has the appropriate attire for our daily 30 minute recess. Students must wear snow pants, coats, boots and gloves to enjoy sledding and be able to play in the snow during recess.

Children who have flu & fever symptoms need to be fever free for 24 hours, without the use of fever reducing medication, before returning to school.

Children who have stomach virus symptoms must be symptom free for 24 hours before returning to school.

Type of Class Group Fitness -Studio/Gym Group Fitness -Pools Adult Classes Youth/Family Classes Family Fun Night



Dec. 28-Jan.3 Open House FREE Sample Class Schedule

FREE Sample Classes! Membership Promotions!

Open House Week

Open Pool and Gym Use! Family Fun Night!

Come in and try a new class or re-visit an old favorite!

No pre-registration is required. Some classes are for adults only; others are for children (with parents for the young ones). See the block schedule for further information

	parents f	or the young one	es). See the block	schedule for fu	rther information	1.
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
地名美国	5:45-6:45 am	6:30-7:30 am	5:45-6:45 am	MCC OPEN	5:45-6:45am	医多球 紫黑
	Spin	Spin	Spin	FROM	Spin	
	With Paul	With Ron	With Paul	9AM – 5PM	With Paul	
8:15-9:15 am	7 - 8 am	8 - 9 am	7 - 8 am		9-10 am	8-9 am
All Levels Yoga	Fitness Walking	All Levels Yoga	Fitness Walking	HAPPY NEW	Functional	Spin
			V-LA CONTRACTOR	YEAR!	Strength	
With Patricia	With Ron	With Patricia	With Ron	THE REAL PROPERTY.	With Jodi	With Todd
	9-9:30 am	10:45-11:30 a.m.	12-12:45 am		9:45-10:45 am	10:45-11:30
			Silver Sneakers			
	Kettlebells	Aqua Therapy	Classic		Water Fitness	Work the Circuit
	w/ Jess *gym	With Dorinda	With Lizzie		With Lizzie	With Mandy
4pm - 6pm	9:45-10:45 am	11:35-12:20pm	2 – 2:45pm		10 – 11am	10 - 10:30am
0 V11					Natural	Adult/Child Yoga
Open Youth Volleyball	Water Fitness	Aqua Therapy	Aqua Arthritis		Medicines for	w/ Karrie
Middle/High School	Water Filliess	Add merapy	Aqua Autintia		Cold and Flu	*comm rm
					Season	
GYM	With Lizzie	With Dorinda	With Lizzie		w/ Jackie *comm rm	Ages 2 -5
	10:15-11:15 am	12- 1 pm			10:15-11:15am	10:45 – 11:15am
	Functional					Kids Yoga
1000	Strength	All Levels Yoga			Yoga Core	w/Karrie
	VARIAN I and I	With Nametta			With Sharon	*comm rm
	With Jodi	With Nanette			with Sharon	Ages 6 – 12
5- 6 pm	4:30-5:30 pm	12:15-12:45 pm			12-12:45 am	Family Fun Night
Casus Dall	All lavale Vega	Adini Duman			Silver Sneakers	4:30 – 7:30 pm
Foam Roll	All levels Yoga	Mini Pump			Classic	4.50 – 7.50 pm
With Jodi	With Nanette	w/ Elle *gym			w/ Lizzie	(Pools & Gym)
	7.0.20 = ==				*comm rm	
	7-8:30 p.m. Ballroom Dance	12- 1 pm		Server Bull	2 – 2:45pm	
	Workshop	All Levels Yoga			Aqua Arthritis	
ED PLANT	With Kelly	With Nancy			With Lizzie	是是要由于社员
OPEN HOUSE		5-6 pm	MCC CLOSES AT	MCC CLOSES AT	6 – 7pm	
FREE classes for members		Spin	5PM	5PM	Aqua Power	
and Non-members.		With Todd			With Melissa	A COMMENT
14 years and older for Fitness		6:15 – 7pm				
classes.						
		Work the Circuit				2.
For more information please		w/ Jodi *gym			NA -	
call 860-429-3015.		8 – 9:30pm			Mansfield	
www.mansfieldcc.com		Masters Swim			Community Center Family, Fitness & Fun!	
		With Scott			Family, Fit	ness & Fun!



Mansfield Community Center Family, Fitness & Fun!

OPEN HOUSE GYM SCHEDULE 12/28-1/3

							0.45
	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am		CLOSED	CLOSED	CLOSED	MCC OPEN	CLOSED	CLOSED
6:00am	CLOSED	OPEN			From	OPEN	OPEN
7:00am		6:00 - 7:15A	OPEN	OPEN	9AM-5PM	6:00 - 7:15A	(Full Gym)
7:30am		40+ BB	(Full Gym)	(Full Gym)	Happy New	40+ BB	6:00 - 8:15A
8:00am		(Full Gym)	6:00 - 9:30A	6:00 - 9:30A	Year!	(Full Gym)	
8:30am		7:15 - 9:15A	40			7:15 - 9:15A	
9:00am	OPEN	KB (1/2 Gym)					GRADES
9:30am	(Full Gym)						3&4 HOOPS
10:00am	8:00-12P	тот	TOT	тот	тот	тот	(Full Gym)
10:30am		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	8:15-12:45P
11:00am		9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	
11:30am		OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	
12:00pm			Pump (1/2 Gym)				
12:30pm	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY
1:00pm	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)
1:30pm	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	1:00 - 2:30P
2:00pm	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)
2:30pm	OPEN	HS/MS OG	HS/MS OG	HS/MS OG	HS/MS OG	HS/MS OG	OPEN
3:00pm	(Full Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(Full Gym)
3:30pm	2:30-4P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30-4P
4:00pm	(Full Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	
4:30pm	Open Youth	FAMILY	FAMILY			FAMILY	医罗罗因
5:00pm	Volleyball	(1/2 Gym)	(1/2 Gym)			(1/2 Gym)	
5:30pm	4:00 - 6:00P	5:00 - 6:00P	5:00-6:00P	MCC	MCC	5:00-6:00P	Family Fun
6:00pm	Futsal (Soccer)	OPEN	Circuit (1/2 Gym)	CLOSES	CLOSES		Night
6:30pm	(Full Gym)	(Full Gym)	OPEN (1/2 Gym)	5:00P	5:00P		4:30-7:30P
7:00pm	6:00 - 7:55P	6:00-7:30P	6:00-7:30P				
7:30pm		Adult Open	Futsal (Soccer)			OPEN	
8:00pm		Basketball	(Full Gym)			(Full Gym)	
8:30pm	FACILITY	(Full Gym)	7:30-9:55P			6:00 - 9:55P	FACILITY
9:00pm	CLOSES	7:30-9:55P					CLOSES
9:30pm	8:00P						8:00P
10:00pm				N A	September 50		
	8		44 10 0				1 10

Key and Descriptions

*1/2 Gym Listings = OPEN GYM on other half

OPEN = Open Gym (for all ages)

FAMILY = Family Gym (Parent/Guardian with child(ren) only).

TOT = Tots and Parent Open Gym (Mats, Toys and More)

Adult Open Basketball = Drop-In Program (minimum of 18 years old and out of HS)

Adult Open Futsal = Indoor Soccer Alternative Drop-In Program (minimum of 16 years old)

40+BB = Drop-In Program 40 years old & up ONLY

KB = KETTLEBELLS - FREE Fitness Class

MCC PUMP = FREE Fitness Class

Circuit = Work the Circuit FREE Fitness Class

HS/MS OG = High School and Middle School Open Gym

Open Youth Volleyball, MS & HS students

Fri, Sat & Sun 1/2 Gym may be reserved by Birthday Parties

This schedule is available online at www.mansfieldcc.com